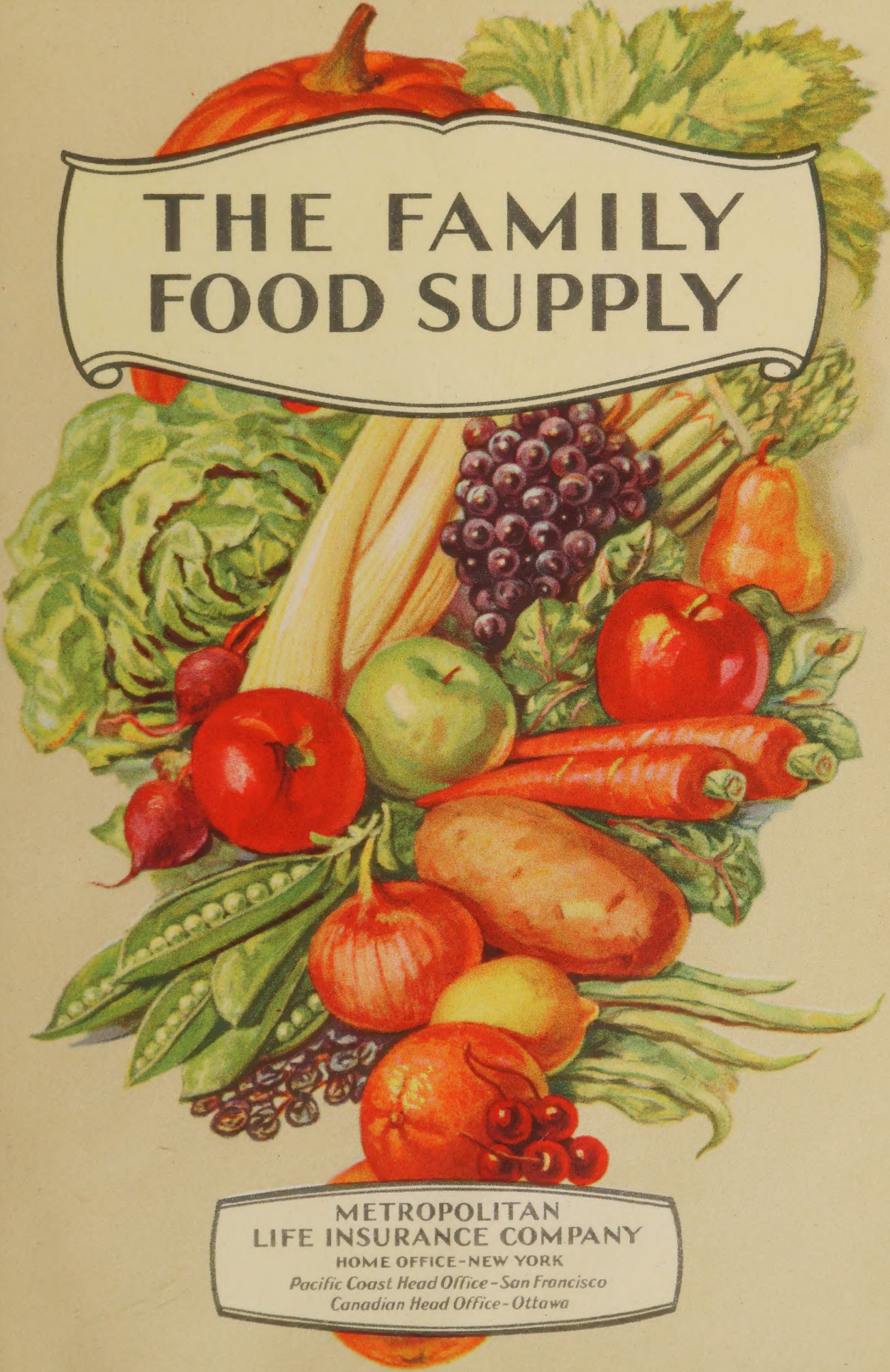




THE FAMILY FOOD SUPPLY

**METROPOLITAN
LIFE INSURANCE COMPANY**

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FAMILY FOOD SUPPLY

WHAT TO BUY AND WHY

*Food and Marketing Helps
for the Homemaker*



METROPOLITAN LIFE INSURANCE COMPANY

HOME OFFICE—NEW YORK

Pacific Coast Head Office—San Francisco

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FAMILY FOOD SUPPLY

WHAT TO BUY AND WHY

Food and Marketing Helps for the Homemaker



THE health of the family depends very largely upon proper foods. This is particularly true of children. By knowing something of the body's needs and how food supplies them, it is possible to feed the family well at moderate cost. Every member of the family needs food which will give:

1. Energy.
2. Material for growth and to build and repair muscle, bone and blood.
3. Material for protecting and regulating the body.
4. Water.

FUEL NEEDS

Our bodies must have fuel to supply the energy for work and play and for all other activities. Every movement of the body, whether we are awake or asleep, requires energy. Therefore, active children and those who do hard physical labor need more fuel than those whose work keeps them seated most of the day. We get fuel from all kinds of food, but because some foods supply it more abundantly and for less money than others, they are sometimes called fuel foods. The more active persons are, the more of this kind of food they will need. The principal fuel foods are carbohydrates (starches and sugar) and fats.

PRINCIPAL CARBOHYDRATES AND FATS

STARCHES

Bread
Crackers
Cereals
Tapioca
Macaroni
Rice
Potatoes

SUGARS

Sugar
Molasses
Honey
Dried fruits
Candy

FATS

Butter
Cream
Lard and other animal fats
Olive oil
Cottonseed oil and corn oil
Chocolate

BUILDING NEEDS

Children need body-building foods for growth and for strong bones and teeth. After they are grown, the wear and tear of living breaks down a certain amount of body tissue which must be replaced. Foods containing proteins and mineral salts are the ones required for these purposes. They also supply fuel. However, with the exception of milk and whole grain cereals, they should not be depended upon for this, as they are more expensive than the carbohydrates. For adults, the quantity of building material which the body needs is rather small, and the amount does not change very much with exercise or work—it is about the same, whether a person is active or inactive.

The building foods are:

Meats	Dried peas and beans	Fruits	Eggs
Fish	Gelatine	Milk	Nuts
Poultry	Whole grain cereals	Cheese	Vegetables

PROTECTING AND REGULATING NEEDS

Foods which contain mineral salts are required to maintain proper balance within the body as well as for building material. Such processes as the beating of the heart and the circulation of the blood depend upon mineral salts. They are also needed in the tissues and the whole body structure. If one is careful to eat foods containing calcium, phosphorus, iron and, in some regions, iodine, there will be little likelihood of a shortage of the others, as they occur in combination with those mentioned.

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Fruits, vegetables, whole grains, milk, cheese, eggs and, to some extent, meat, particularly the internal organs, such as liver and kidney, are the foods which supply minerals. The first three also contain fibrous material called roughage, which does not digest completely and serves to carry off waste through the intestines. Water helps to carry off waste through the skin and kidneys and holds in solution in the body various elements supplied by our food. One should drink from six to eight glasses a day.

FOODS RICH IN MINERAL SALTS

CALCIUM	PHOSPHORUS	IRON	IODINE
Milk	Cheese	Egg yolk	Sea foods
Cheese	Egg yolk	Leafy vegetables	Iodized salt
Vegetables, (Leafy ones, especially)	Milk	Meat, especially liver	Vegetables, fruits and grains from non- goiterous regions
Egg yolk	Meat	Whole grains	
	Whole grains		

OTHER FOODS CONTAINING MINERAL SALTS

Nuts	Legumes	Dried fruits	Fresh fruits
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VITAMINS

Vitamins in our foods are necessary for growth and development, for maintaining health and for protection against certain diseases. There is considerable difference between the amount of a vitamin which will protect the body against disease and the amount which will provide the best growth and health at all ages. This is one reason for always being careful to include in our food liberal amounts of milk, fruit and vegetables. Although all the vitamins contribute to health and general well-being, each one has special uses in the body.

Vitamin A helps growth and vitality and protects the body against diseases of the nose, throat and lungs. It is needed at

NOTE—All sources of vitamins appearing in this book are used by permission of the Bureau of Home Economics of the United States Department of Agriculture.

all ages, but it is especially needed by pregnant and nursing mothers and by children. Lack of it causes a disease of the eyes and of some of the glands. It is associated with green and yellow color in foods. While it is gradually destroyed by exposure to the air and by very high temperature, ordinary cooking has no effect on it. Pasteurization of milk does not affect the Vitamin A.

Vitamin A is found in:

ANIMAL PRODUCTS

Cod-liver oil	Butter	Milk	Salmon
Liver	Cream	Egg yolk	Cheese (whole milk)
			Kidney

PLANT PRODUCTS

GREEN AND YELLOW VEGETABLES

Spinach	Kale	Endive	Beet leaves
Escarole	Watercress	Chard	Mustard
Romaine	Turnip tops	Collards	Dandelion greens
Lettuce, green	Broccoli	Cabbage, green	Brussels sprouts
Beans, snap	Sweet potatoes	Squash, yellow	Asparagus
Carrots	Peas	Peppers	Tomatoes, red and yellow

FRUITS

Bananas	Muskmelon	Papaya
Apricots	Plantain (Baking banana)	Oranges
Peaches, yellow	Pineapple	Prunes
		Watermelon

Vitamin B is needed for growth and health. It increases appetite and stimulates digestion in the intestines. It is especially important to the pregnant and nursing mother and the baby. Lack of it causes beri-beri, a disease of the nerves. It is not destroyed by the heat of ordinary cooking and canning, unless soda or some other alkaline substance is added, and is not easily destroyed by storage or drying. It is soluble in water, so it may be lost if the water in which vegetables or fruits are cooked or soaked is thrown away.

FAMILY FOOD SUPPLY

Vitamin B is found in:

ANIMAL PRODUCTS

Milk	Kidney	Egg yolk	Brains
Liver	Heart	Lean pork	Oysters

PLANT PRODUCTS

VEGETABLES

Broccoli	Romaine	Potatoes, white	Okra
Asparagus	Turnip greens	Cabbage	Peppers, green
Spinach	Mustard greens	Collards	Carrots
Tomatoes	Chard	Beet leaves	Onions
Peas	Celery	Cauliflower	Parsnips
Kale	Sweet potatoes	Lettuce	Rutabagas
Snap beans			Turnips

FRUITS

Grapefruit	Pineapple, fresh	Peaches	Prunes, fresh
Lemons	and canned	Avocado	Dates
Oranges	Bananas	Grapes	Cherries
	Apples		

SEEDS

Whole grains—wheat, rye, corn, rice, barley, oats.

Nuts—almonds, walnuts, chestnuts, Brazil nuts, pecans, peanuts.

Legumes—beans, all kinds, cowpeas, lentils, dried peas.

YEASTS

Vitamin C is needed daily to keep the body in good condition.

It increases resistance to infections and helps in the healing of wounds. It is important for the protection of the teeth and gums of both adults and children. Sometimes a lack of it shows in symptoms similar to "rheumatism." An acute lack of Vitamin C causes scurvy. It is easily destroyed by cooking, and is most easily destroyed in soda or some other alkaline solution.

Vitamin C is found in:

PLANT PRODUCTS

FRUITS

Oranges	Strawberries	Raspberries
Grapefruit	Cranberries	Watermelon
Lemons	Bananas	Papaya
Tangerines	Peaches, fresh and canned	Muskmelon
Apples	Pineapple, fresh and canned	Currants
		Gooseberries

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VEGETABLES

Cabbage	Endive	Legumes, sprouted
Tomatoes, fresh and canned	Peppers	Rhubarb
Spinach, fresh and canned	Watercress	Potatoes, white
Peas, fresh and canned	Carrots	Sweet potatoes
Broccoli	Corn, fresh and canned	Cucumbers
Rutabagas	Turnips	Cauliflower
Collards	Turnip greens	Onions
Snap beans	Escarole	Radishes
		Beets

Vitamin D is needed by the body for the utilization of calcium and phosphorus for building bones and teeth. It is the vitamin which protects children against rickets and is especially important to them and to pregnant and nursing mothers. Vitamin D is developed in the body by exposure of the skin to direct sunlight or the rays of an ultra violet lamp. It is not found in large quantities in as many foods as some of the other vitamins, but some foods can be enriched with it by exposure to the rays of an ultra violet lamp. It is not easily destroyed by heat. It is found in cod-liver oil.

Other foods that contain some Vitamin D are:

Egg yolk	Butter	Oysters
Milk	Salmon	California sardines

Foods are sometimes enriched with Vitamin D, either through irradiation with ultra violet light or by adding some substance that has already been irradiated. These methods are used with some oils, bread, cereals and milk.

Vitamin E is essential for reproduction in animals. We are not yet sure that human beings need it. It occurs in the wheat grain, oats, corn and green leaves and many other foods in small quantities, so there is little danger of shortage of it.

Vitamin G is essential for growth and well-being at all ages. Lack of it causes pellagra. It occurs in many foods in moderate or small quantities. Like Vitamin B, Vitamin G

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dissolves easily in water. It is not as easily destroyed by heat, except in the presence of soda or other alkaline substances. It is found in:

ANIMAL PRODUCTS

Whole milk	{ fresh	Eggs
	{ evaporated	Meat—liver (beef and pork)
	{ dried	kidney
Skim milk	{ fresh	spleen
	{ dried	heart
Buttermilk		lean cuts of beef,
Cheese		pork or lamb
		Salmon

PLANT PRODUCTS

GREEN LEAVES

Mustard
Turnip tops
Kale

Beet tops
Carrot tops
Collards

Spinach
Broccoli
Watercress

FRUITS

Bananas

GERM PORTION OF CEREALS

Wheat germ

YEAST

There is a probability that there are other vitamins, but these are the only ones definitely known now. Some foods, such as fruits and vegetables and milk, contain more than one vitamin. They should, therefore, be used freely.

CALORIES

All foods supply heat when they are burned in the body. The calory is the unit used to measure heat. Therefore, foods are said to equal a certain number of calories. The number of calories* needed by an individual varies with age, size and the amount of work done. For young and middle-aged adults, the number may be from fourteen to twenty-seven calories for each pound of body weight, depending upon the amount of exercise taken. Boys and girls between the ages of 13 and 17, because they are growing, very often need as many calories as adults require.

*Metropolitan pamphlets containing calory tables are *Overweight and Underweight*, and *Out of Babyhood Into Childhood*.

WHAT TO EAT

MILK

For children—One quart a day.

For adults—One pint a day.

FRUIT

For all the family—

Twice a day, if possible—one
a citrus fruit or tomatoes,
canned or fresh; the other
dried, fresh or canned.

VEGETABLES

For all the family—

Potatoes once or twice a day.

Two others, if possible—one
a green leafy vegetable.

SALADS

For all the family—

Raw once a day.

CHEESE

Cheese made from whole milk
has the same food value as
milk. It can be used alone
or in combination with other
foods.

SUGARS AND SWEETS

Enough to make meals
attractive.

BREAD AND CEREALS

For all the family—

Bread with every meal.

Cereal for breakfast. (In-
clude some of the whole
grain varieties.)

EGGS

For children—

One a day.

For adults—

One a day also, if possible.

MEAT, FISH

For all the family—

Once a day.

MEAT SUBSTITUTES

For all the family—

Dried peas, beans, lentils,
macaroni and rice for
lunch or supper dishes, or
occasionally in place of
meat.

BUTTER AND OTHER FATS

For all the family—

Some butter every day and
moderate amounts of other
fats, such as salad oil, salt
pork, lard or lard substitute.

COD-LIVER OIL

Cod-liver oil is good for every
one; especially needed by
children. 2-4 teaspoonfuls
every day.

BUYING AND USING FOOD

Milk—In spending the food money, milk should be considered first, as it is necessary for every one and is the best building food for children. It also supplies the body with fuel, minerals and Vitamins A, B and G.

The pasteurization of milk kills germs that might be present, such as those that cause tuberculosis, infantile diarrhea, septic sore throat, typhoid fever, diphtheria, and scarlet fever. If your milk is not pasteurized, you should be sure that it is produced under the best possible conditions.

Milk should be covered and kept cold; that will keep it clean, sweet and free from strange flavors and odors.

If there is no ice in the home, it may be necessary in hot weather to buy milk twice a day, letting the dealer keep it cold. A temperature between 45-50° F. keeps milk from spoiling.

Dried and evaporated milk have the same food value as pasteurized milk and, in some places, cost less. Dried milk can be used in small quantities as needed and need not be kept on ice. After the can is opened, evaporated milk must have the same care as fresh milk. Sweetened condensed milk has had sugar added as a preservative. It can be used in cooking, or in place of cream. It, too, must have the same care as fresh milk after the can is opened. These are all prepared by the addition of water. Use milk in soups, puddings and creamed dishes as well as to drink.



Breads and Cereals supply fuel at low cost. White bread made with whole milk, as it is in the modern bakery, supplies the body with minerals and vitamins. Whole grains, however, because of their roughage and added amounts of the other elements, particularly Vitamin B, should

appear at least once a day. Cereal products, such as macaroni and rice, should be used freely. The elements which they lack can be made up by using them with cheese, milk or vegetables.

The home-cooked cereals are usually less expensive than the ready-to-serve cereals. While the home-cooked cereals should be fed to children under three years old, the others are good and may be used by the older members of the family for variety.

The quantity of flour to be bought depends upon the baking to be done. Some money can be saved by buying as large a bag as can be stored. One twenty-four-and-a-half-pound bag costs perhaps 50 cents less than seven three-and-a-half-pound bags.

Cereals should be kept in glass jars, or tin boxes, covered, for protection from dust and insects.

Vegetables are valuable chiefly for their minerals and vitamins. This is particularly true of the leafy vegetables, like cabbage, kale, spinach, beet and turnip tops, and lettuce, which also add bulk for the intestines, and should be used at least three or four times a week. Tomatoes, fresh or canned, are a valuable source of Vitamins A, B, and C, and may be used for children when it is not possible to give them orange juice. Root vegetables, like carrots, onions, beets and turnips, also supply vitamins and minerals. Potatoes are important because of their cheapness and health-giving qualities. Vegetables and fruits, however, are apt to lose a part or all of their vitamins in



the process of cooking. For that reason, raw vegetables and fruit should be used freely. Cabbage, onions and carrots can be bought all year 'round and usually they are cheap. They make delicious salads, too, and can be quickly and easily served.

Dried peas, beans and lentils are useful building foods containing both protein and mineral salts, although they do not contain as good building material as meat, eggs, and milk. A satisfactory

main dish for a meal can be made from any one of them combined with other vegetables, or with a little meat.

Fruits—Fruits add water, minerals, sugar and vitamins to the diet, and bulk for the intestines. Some fresh fruit is needed to be sure of getting Vitamin C, which is easily destroyed in cooking. Otherwise, canned or dried fruits are just as good as fresh.



In the winter time, dried fruits are usually cheaper. They should be soaked overnight and cooked slowly. Dried apples, prunes, peaches, apricots, and figs are all wholesome.

Fruits and vegetables to be eaten raw should be sound and well matured. It is best to go to market and select them. A change of the meal plans may be wise if some unplanned-for fruits or vegetables are found to be especially good or cheap. Unless good storage room is available, the quantities bought should be small.

Fruits and vegetables should be looked over before they are put away. If any are bruised or imperfect, they should be used first, as they will spoil more quickly than the rest.

Money can be saved by purchasing slightly less perfect fruits and vegetables for cooking, rather than the more costly, perfect ones. Peddlers, with fruit that is too ripe to keep, frequently offer it at a very low price. If one buys only enough for immediate use, the purchase may turn out very well.

Small fruits and vegetables are sometimes cheaper than the better looking, larger ones. For example, a cup of juice from small oranges may cost one-third less than the same quantity from large, fancy ones. A pound of small potatoes, even allowing for the greater waste from paring, may cost less than a pound of large ones. Although more time is spent preparing the small potatoes, the money saving may be worth while.

Meats—Meat supplies protein, some mineral and some of the vitamins, particularly those which are found in the glandular organs. About one-quarter pound of meat as a daily average for an adult provides approximately one-third of the protein need, the rest being best secured from such other foods as milk, eggs, cheese, bread, cereals and vegetables.

The economical cuts of meat make attractive meals, provided they are given time and care in the cooking. They can be used for potroast, meat pie, braising, Hamburg steak, stew, meat loaf, steam roasting, and Swiss steak. A fireless cooker is useful and convenient for the tougher cuts that must be cooked for a long time. Beef, lamb and pork liver are usually very cheap and are just as valuable foods as the more expensive calves' liver.

Not only the original cost per pound should be considered, but the amount of bone and fat in proportion to the lean meat. Meat trimmings should be used, fat tried out for cooking, and the bones and lean bits put into the soup. Unless the trimmings are used in this way, it may be wiser to pay more and get lean meat, although meat, to be tender, must contain a certain proportion of fat and lean. Good meat should have a clear, bright color, firm, white fat and very little sinew running through the grain of the meat.

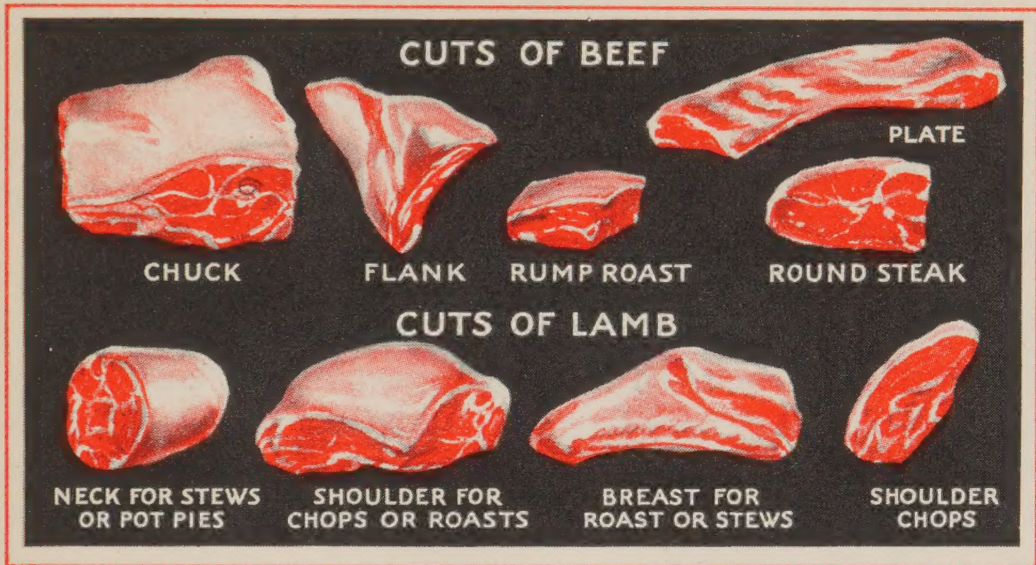
Shoulder or neck of lamb is satisfactory for stews or meat pies. It should be cooked with onions, carrots, and turnips to give it flavor.

Veal neck or breast is very good for meat pies, loaf or stews.

Flank, neck, chuck, or plate beef is good for stews, or chopped meat. Vegetables may be used for seasoning; and dumplings occasionally added to stews will give variety.

For a beef potroast, the chuck, shoulder clod, neck, rump, or boned brisket is cheaper than the round, and will be tender if well cooked.

Ham butts, and shanks, and the ends of cured hams are good for boiling with vegetables, or for baking.



Poultry is one of the most expensive foods, not so much because the price per pound is high as because one must pay for the part discarded in dressing it, and for the bones.

Fowls, or hens, are less expensive than young chickens. They can be used for roasting, and can be made quite tender with long cooking. When a young chicken is to be bought, however, certain points should be kept in mind: The feet of a young chicken are smooth, and the claws are sharp. As it becomes older, the claws become dull; scales appear on the legs; the skin becomes coarse, especially that of the neck, and the breast bone, at its lower end, is not easily bent.

Fish can be used interchangeably with meat. It is a building food and contains small amounts of mineral matter. Sea foods are also valuable for iodine. Small fish, with their bones and other uneatable parts, leave more waste than the steaks cut from large fish like cod. With some fish, the proportion of waste is large, and this must be kept in mind when deciding whether fish is cheaper than other foods.

Modern methods of preserving fish by freezing have made the supply more general throughout the country than in former

years. There are also many good brands of canned fish on the market. Both of these can be used to lend variety to food.

Eggs, another building food, can take the same place in a meal as meat or fish. They are rich in minerals and Vitamins A, B, and D.

During the late spring and summer, eggs are relatively cheap. If desired, they can be preserved in water-glass for future use. During the winter, fresh eggs are expensive, but cold storage eggs can be used at least for general cooking. The flavor of the strictly fresh eggs is better, but the storage eggs are wholesome and much less costly.

Fats—Butter is rich in Vitamin A, and should be used freely, if possible. Tub butter is cheaper than print butter and is often of very good flavor.

Other fats, such as lard, cottonseed oil, olive oil, margarine, or butter made from vegetables and nuts, have high energy value, but do not contain the much-needed Vitamin A.

If the family has a full allowance of milk, which will provide the butter fat needed for growth, then the less expensive butter substitutes, where obtainable, may be used in place of butter. These are clean and wholesome and are very good for cooking.

Butter should be kept cold, and should not be exposed to strong odors. Lard should be kept cool to prevent its becoming rancid. Oils should be covered and kept in a cool place away from the light.

Sugar may be added to our food in the form of desserts, fruits and molasses. Candy between meals may upset the digestion and ruin the appetite for the more necessary foods.



HOW TO SPEND THE FOOD BUDGET

Most families need to spend from one-quarter to one-third of their income for food. To be sure that they are getting the food they need and are not over-spending for any one kind of food, they should follow a few simple rules:

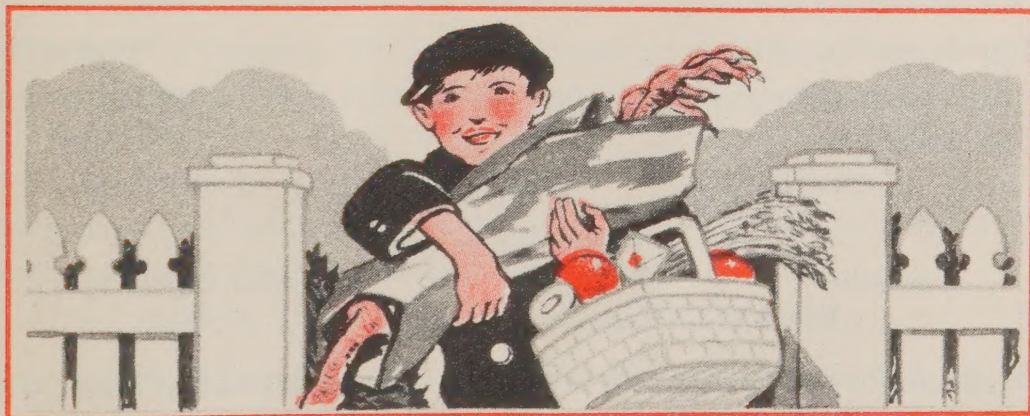
1. A quart of milk for each child and a pint for each adult should be bought every day. Pasteurized bottled, unsweetened evaporated, or dried milk have practically the same food value.

2. At least six pounds of vegetables and fruit a week for each member of the family.

3. One-sixth to one-half of the food money should go for bread, cereals, macaroni, and rice. The weekly allowance for each person should be two to four pounds of bread and one to two pounds of cereal. The smaller the allowance for food, the more should be spent on the inexpensive cereals.

4. The allowance for meat should not exceed that for milk, unless the ideal amount of milk has already been bought.

5. Enough butter, margarine, and other fats should be bought to supply between one-half and seven-eighths of a pound of fat a week for every member of the family over three years old.





MEAL SUGGESTIONS

Breakfast

Fruit (stewed or fresh)
Whole grain cereal with milk
Toast and butter

Variety may be secured by serving different kinds of cereals.
If a heavier breakfast is needed, eggs or bacon may be added.

Lunch or Supper

A made dish, like macaroni and cheese
Whole grain bread and butter Stewed fruit
Tea, coffee, or milk
or
Cream soup Salad
Whole grain bread and butter Simple dessert

For those needing a greater amount of energy, a vegetable other than potatoes and a heavier dessert may be added to the first lunch.

Dinner

Meat, fish, or eggs
Potatoes Another vegetable
Bread and butter Dessert

Soup and salad added to this meal make it suitable for any occasion. Milk is valuable in any normal diet.

FURTHER GUIDES TO FOOD THRIFT

It is the penny saved on a pound of butter, and the few cents saved on sugar, eggs, and bread, which add up to a neat savings account, because these are the things most often purchased. Small price differences are not so important in buying clothing, since it is bought less frequently. One overcoat is bought in two or three years. But food is bought every day, and 10 cents a day saved on food amounts to \$30 in a year.

The most expensive food is not always the most nutritious. Usually a high market price means that a food is rare, hard to ship, out of season, or unusually good looking. It does *not* mean that it is more healthful, or purer than a food that is cheaper. Consequently, money can often be saved and the family nevertheless supplied with good, wholesome food, if time and thought is devoted to meal planning and marketing.

Planning the meals. Left-overs should have first attention. If there is not enough of any one food for the entire family, what is left can perhaps be saved by combining with it some other food. For example, a small piece of left-over meat can be chopped and added to cooked rice and tomatoes or to other cooked vegetables for the main dish of a second meal. Consider the day as a whole rather than one meal at a time, so that the meals may supplement each other.

The prices charged by neighboring stores should be compared to learn where values are greatest. Such comparisons should always be based on the cost of food per pound. For example, if a twelve-ounce loaf of bread costs 6 cents, the cost per pound is obtained as follows: Dividing 6 by 12 gives the cost of one ounce; this multiplied by 16 gives the cost of a pound, since a pound contains 16 ounces.

$$6/12 \times 16 = 8 \text{ cents}$$

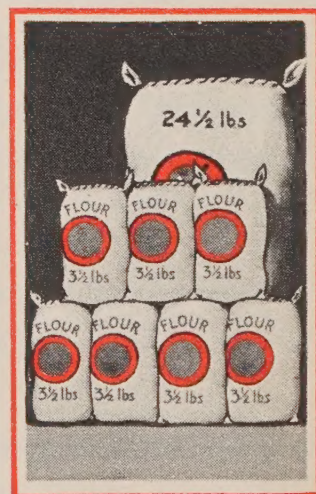
It is especially important to figure the cost per pound of package foods since many packages hold less than a pound.

Many factors contribute to the price of food. Such operating costs as giving credit and delivery service are sometimes reflected in prices. A day-to-day comparison of prices, service, and quality in all types of stores will enable the homemaker to decide which type she prefers.

The cleanly store should be preferred. In all stores food should be covered so that it will not be touched by flies, other insects, mice, or unnecessary fingers. In this, the small store with cheap equipment may excel the large store with expensive counters and fine display windows.

The homemaker should go to the store to select her foods, especially meats and fresh fruits and vegetables. She will make a better selection than a busy salesman would. At the same time, she will learn to know and compare prices and brands, and will keep in touch with any food bargains that are offered.

Staple foods that keep should be bought in as large quantities as can be stored. One homemaker saved 38 cents by buying a pound can of strawberry jam instead of buying four of the small four-ounce jars at different times. The cost of large bags or packages, if compared with the cost of the same food in smaller packages, will show how easily such savings can be made. Although space is at a premium in the small apartment, sometimes room can be discovered for an extra shelf; or, by careful planning, a better use can be made of the old spaces, and larger quantities can be stored than would have seemed possible.



Keeping Food from Spoiling. Spoiled food is usually a sign of poor marketing, careless meal-planning, or bad house-keeping. Even though good quality food is bought, it will not remain so unless it is properly cared for. Left-over cooked food needs just as much care as uncooked food. Bacteria, yeasts and molds are the three chief causes of food spoilage. Sometimes their action in food leaves no visible trace. This is particularly true of bacteria, although their presence in food may be the cause of serious digestive disturbances.

During most of the year, a refrigerator is a necessity. As stated earlier, a temperature of from 45-50° F. is required to keep food from spoiling. In some climates, a small outdoor cupboard will serve this purpose during the winter months.

CANNED FOODS FOR CONVENIENCE AND VARIETY

Meals have more variety with no greater cost when canned vegetables and fruits, as well as the fresh, are served. One important consideration is that canned foods can be kept on hand; another, that canned fruits and vegetables have the same food value as the fresh. Water in which vegetables have been cooked should be used. Canned food in which there is the slightest evidence of spoilage should not be tasted. Never use food from cans which show bulging at the ends.

Home Canning. Home canning is a means of preserving surplus material for use later. If fruits and vegetables have to be purchased for canning, there is a question whether they are cheaper than the commercially canned product. If canning is done at home, the instructions of the United States Department of Agriculture should be carefully followed.*

Commercial Canning. Modern methods of commercial canning preserve the food value of the fresh product. The vitamins are better protected than they are sometimes in home cooking.

**Farmers Bulletin No. 1471*—Can be procured from the Superintendent of Documents, Government Printing Office, Washington, D. C., at five cents per copy.

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There are four sizes of commercial cans most commonly used. One should learn to ask by number for the size desired.

SIZE OF CAN	CUPFULS	APPROXIMATE WEIGHT
No. 1	1 1-3	10½ ounces to 1 pound
No. 2	2 1-5	1 lb. and 4 oz.
No. 2½	3 3-5	1 lb. and 12 oz.
No. 3	4	2 lbs. and 1 oz.

The use of the No. 2½ or No. 3 can will save money. There need be no fear of left-overs; they can be used the next day. The No. 2½ can holds about three times as much as No. 1, but often costs only about twice as much. Fully 15 cents may, at times, be saved by buying a large can of cherries rather than three small ones.

The No. 2 cans are the size used for corn and peas for the retail stores and the No. 2½ for California fruits, although peaches, pears and apricots can be bought in smaller cans. No. 1 and 2 cans are the usual size used for berries. The No. 3 can is used for tomatoes more than any other food, but tomatoes also may be had in most of the smaller sizes.

A still larger can, No. 10, holding a little more than six pounds, is used for pie fruit. Where home baking is the rule, this size is better than the smaller sizes.

There are four grades of canned fruit in the market: fancy, choice, standard, and substandard. The two lower grades are clean and wholesome, the fruit perhaps of irregular shape, and of small size. The fancy and choice fruits are larger, more perfect and packed with a sweeter syrup. The same four grades are used in canning vegetables; and the fancy and choice grades are usually the smaller, more tender ones.

Many people find the standard grade quite satisfactory for general family use. It is not necessary to pay extra for size and appearance. The substandard grade may be used for vegetable soup and fruit pies or salads. The grade is not marked on the can, but the grocer knows the grade.

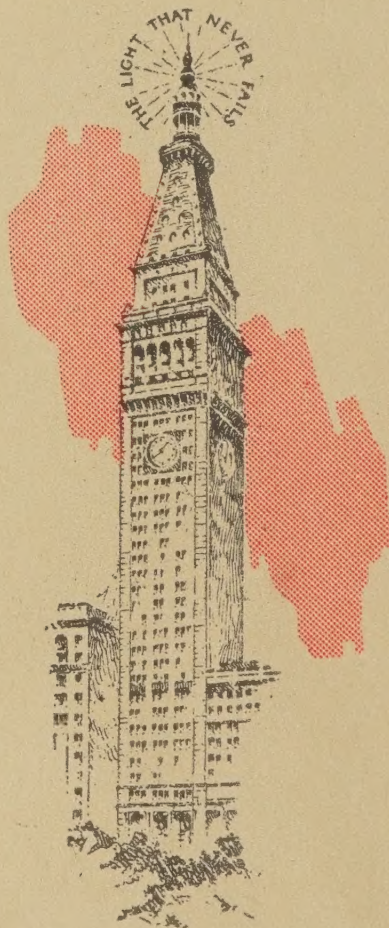
It is worth while to try the new brands of canned fruits and vegetables as they appear. Then one should buy the brands best suited to the family needs. If the housewife can buy fruit and vegetables cheap enough in season, it is wise to do some home canning. In deciding this, the time and effort required and the final cost must be considered.

FOOD ACCOUNTS

It is wise to keep account of what is spent for each kind of food, from month to month, to see whether one cannot find ways of feeding the family well, and saving money at the same time.

The plan for food-spending given in this book should serve as a guide. The amounts spent for various foods can be compared with the amounts that should be spent. This will show the housewife where she can save, and will show whether she is choosing the foods that are best for her family. She should not let the first month discourage her. Marketing for thrift should be tried for a year, at least. It will mean a larger savings account and a healthier and happier family.





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